

SERVING SIZES

Grains – 2 ounces
Vegetables – ½ cup
Fruits – ½ cup
Protein – 3 ounces
Dairy – 1 cup

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i>	All meals are served with a dinner roll 8 oz. milk served daily with lunch	1 Beef Bourguignon Mashed Potatoes Roasted Vegetables Sliced Peaches	2 Roasted Pork Loin Sweet Potatoes Cauliflower Broccoli Salad	3 Sloppy Joe Sandwich Roasted Potatoes Cucumber Salad
6 Stuffed Shell w/Meat Sauce Roasted Zucchini, Carrot & Potato	7 Chicken Cordon Bleu Roasted Sweet Potatoes Mixed Vegetables Tropical Fruit	8 Slow-roasted Pork & Peppers Vegetable Fried Rice Sliced Carrots Sliced Pears	9 Meatloaf w/ Gravy Cucumber Salad Mashed Potatoes	10 Chicken Cacciatore Roasted Potatoes Garlic Roll Sliced Apples
13 Closed	14 Meatball Sandwich Broccoli Florets Roasted Sweet Potatoes Mixed Fruit	15 Chicken Parm Roasted Potatoes Green Beans Watermelon	16 Texas Pulled Pork Sandwich Cole Slaw Roasted Vegetables	17 Pub Burger w/ Cheese Baked Beans Cole Slaw Watermelon
20 Shepards Pie (Carrots Corn Peas) Mashed Potatoes Watermelon	21 Sauteed Beef w/Mushroom Gravy Roasted Potato Zucchini w/ Carrots Sliced Pears	22 Oven-Roasted Chicken Sweet Potatoes Sweet Corn	23 Baked Ham w/ Raisin Sauce Mashed Potatoes Green Beans	24 Baked Pasta w/Meatballs & Sausage Roasted Vegetables Peaches
27 Lasagna Roll-up w/ Meat Sauce Roasted Potatoes Zucchini Salad	28 Coq au Vin Mashed Potatoes Roasted Vegetables Sliced Peaches	29 Navy Bean Soup Sausage & Pepper Sandwich 3-Bean Salad	30 Pot Roast w/ Gravy Mashed Sweet Potatoes Sweet Corn	31 Grilled Chicken Mediterranean Chickpea Salad Lemon Herb Rice Pilaf Watermelon